



WE CAN BE STRONGER THAN DIABETES

Get Real about Diabetes Prevention

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

You don't have to knock yourself out to prevent diabetes. Get real! If you're over 45 and overweight, you can prevent diabetes. Lose 5 to 7 percent of your body weight, get 30 minutes of physical activity 5 days a week, and eat healthy. Take the first step. Talk to your health care provider. Prevent diabetes.

For free materials on managing diabetes, visit www.ndep.nih.gov or call the National Diabetes Education Program at 1-800-438-5383.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.